



Cauliflower Hash Browns

Ingredients:

- 4 cups cauliflower rice cooked
- 1 packet Diet Right Cheese Dip or Bacon & Cheddar Soup
- 1 large egg
- ¼ tsp garlic powder (optional)
- 1/8 tsp black pepper (optional)

Directions:

1. Preheat oven to 400°F. Line a large baking sheet with parchment paper.
2. Cook cauliflower rice until tender. You can do this by steaming it or cooking it in the microwave for around 2-3 minutes. Use a cheese cloth or similar cloth to wring dry the cauliflower in small batches.
3. In a large bowl, combine cauliflower rice, egg, cheese dip, garlic powder and black pepper. Stir until evenly mixed and blended.
4. Fill a 1/4 cup measuring cup with cauliflower mixture. Press down to compact it. Flip the cup over onto your prepared baking sheet. The mixture should slide out and should still hold the cup form. Gently press down on mixture with your fingers or hand to flatten it a little (about 1/2 inch thick) and shape it into an oval or rectangle of whatever shape you prefer your hash browns to be.
5. Repeat with remaining cauliflower mixture, spacing each hash brown about 1 inch apart.
6. Place hash browns into oven and cook for about 20-25 minutes or until golden around the edges and top. Let hash browns cool slightly so that they are set before removing them off the baking sheet. Serve while still warm. Uneaten hash browns can be kept in the fridge or freezer.

Servings: makes 4 servings. (8 hashbrowns, 2 per serving).

Each serving = ½ cup select vegetables

716-320-1515
DietMentor.com
info@dietmentor.com